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ABSTRACT

This document consists of the four issues of a newsletter published during 1998. The newsletter discusses topics pertinent to school food service and providing nutrition for elementary school students. The February/March issue discusses exemptions under the Competitive Foods Regulation, celebrating cultural diversity in cafeteria menus, and changes in Food and Drug Administration rules for labeling milk fat content. The April/May issue discusses celebrating "5 A Day" week to improve student consumption of fruits and vegetables, National School Lunch week, nutrition and agriculture in the classroom, a diabetes prevention program, NET grants, crediting salsa as a vegetable in school menus, and best practices awards for school food service. The September/October issue discusses Additional Menu Planning Alternatives issued by the federal government, the YourSELF federal information effort on nutrition and physical activity for adolescents, food safety, free and reduced price lunch regulation updates, the Colorado Connection for Healthy Kids coordinated school health program, sugar in children's diet, and Olestra. The November/December issue discusses teenager's consumption of soft drinks, changes in child nutrition programs, the Handbook of Steam Equipment, the Colorado school breakfast program, marketing school menu changes, and school food service certification. (JPB)

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Colorado Communiqué

Publication of the Nutrition Unit

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ED 427 861

Waking up to School Breakfast

The latest Food Research and Action Center (FRAC) School Breakfast Score Card tells us that more than half of the Colorado schools offering school lunch also offer school breakfast. That is up almost 5% from last year, and the number continues to climb. We all know that School Breakfast pays off in student attendance, attention, and learning ability, but it's time to share that knowledge and wake Colorado up to School Breakfast.

If you are not currently offering breakfast, but would like to, start making connections in your district, see if your staff is supportive. Try talking with other school foodservice professionals who run breakfast programs, and don't forget to ask the students and their parents what they think.

When you are sure you want to proceed, get on the school board agenda to make your case. The CDE nutrition unit has a set of slides to assist you in making the presentation. Parent and faculty support can be very beneficial at this point. Provide potentially supportive board members with materials that back up claims about the benefits of school breakfast; attend the board meeting when the vote is taken, and bring all your support materials. Starting a breakfast program may not always be easy, but the outcome is very rewarding.

If you're already offering breakfast, here are some creative and effective ideas for increasing participation on an ongoing basis.

In the cafeteria...

The *Frequent Eater* program gives students cards that are punched each time the student eats school breakfast. When the card is full, the student receives a goodie bag with items like buttons and pencils from vendors such as the local dairy council or 5 A Day program. If a *Frequent Eater* brings a "first time eater" to breakfast, both students are given prizes!

"Books for Breakfast" uses the breakfast period as a reading time. The school librarian chooses a book each month, dresses as the main character, and reads to the students during breakfast service. This is a great opportunity to promote School Breakfast to parents; just invite them to join their children for 'story hour.'

On a bigger scale...

"Better Breakfast, Better Learning" not only encourages students to eat breakfast, but it also works to change people's views about the School Breakfast Program. By challenging all students to eat school breakfast during standardized testing, the students and school faculty and administrators can see the positive effects of eating breakfast. Once teachers see increased attention spans, you can begin to educate them, as well as administrators and parents, on the link between breakfast and learning. (*continued on page 7*)

Child Nutrition Workshop
Food Safety Conference
Foods of Minimal Nutritional Value
A World of Healthy Food
Summer Food Service Program
Confidentiality

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TO THE EDUCATIONAL RESOURCES

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Meeting the Challenges of the Future through Education.

The 46th Annual Child Nutrition Workshop will be held **June 15-17, 1998** at Colorado State University in Fort Collins. The major focus of the workshop will be operating a cost effective food service program. Program administors e.g.: Superintendents, Food Service Directors, Supervisors, Managers, and Business Managers will be enrolled in the two day Cost Control Seminar. The revised edition of the Cost Control Manual will be used for the seminar. It was written by Dot Pannell Martin and has since been used as a training manual in 35 states.

All other managers will have the option of registering for the *Cost Control Seminar* or may elect to take other management courses. Assistants will have a variety of classes to choose from. Look for the registration brochure in early April.

A sampling of what will be covered in the Cost Control Seminar...

- Analyzing a profit & loss statement
- Pinpointing the ways to reduce labor and food costs and increase revenue
- Identifying the differences in accrual and cash methods of accounting
- Understanding and using the break-even point; developing a meaningful budget
- Comparing cost of disposables with washing dishes; baking with purchased products
- Evaluating productivity and staffing
- Establishing the average revenue for breakfast and lunch

Approved by American Dietetic Association for 10 credit hours and by American School Food Service Association for 13 certification credits.

Rocky Mountain Food Safety Conference: "Farm to Table: Working Together for Safer Food."

You are invited to participate in the *Rocky Mountain Food Safety Conference* to be held **May 19 & 20** at the Colorado School of Mines in Golden, Colorado. This annual conference is for food service managers, food handlers, and anyone else interested in learning about "safer food." For more information, contact Sally Schwartz, Tri-County Health Department, (303) 846-6237 or Maryfrances Gardiner, Food and Drug Administration, (303) 236-3019.

EXEMPTIONS UNDER THE COMPETITIVE FOODS REGULATION

There have been recent changes to the list of exemptions under the competitive Food Regulation. Brach & Brock Confections, Inc. has been added to the list, with one product exempted from the jellies and gums section, and North Face Beverages is now on the list, with six products that have been exempted from the soda water category. These exemptions mean that these products are no longer considered foods of minimal nutritional value and they can therefore be sold during the meal period, in a school food service area. This does not mean that these products are approved or endorsed by FNS, or that these products have any significant nutritional value. Additionally, the exemption should not be perceived as guidance or encouragement to Agencies and School Food Authorities concerning their possible purchase. If you have questions as to whether a product can be served during the designated serving times, please call Kay Nash at (303) 866-6653.

THE POPCORN EXPLOSION

Peanut Butter Honey Popcorn

KNUDSON AND SONS, INC

Orange Passionfruit Spritzer
Orange Spritzer
Jamaican Style Lemonade Spritzer

FJ FIZZ

Sparkling juice beverages prepared from flavored concentrates: Grape, Cherry, Strawberry, Raspberry, Orange, Cherry Cola.

GREAT BRANDS OF CANADA
(formerly All Canadian Bottling Corporation)

Sparkling Spring water with natural flavors: Strawberry, Black Cherry, Raspberry, Peach Orange, Watermelon, and Lemon Lime.

NORTH FACE BEVERAGES

SPLASH Thirst Quencher: Cherry, Lemon Lime, Grapefruit, Mountainberry, Orange, Strawberry-Kiwi

FARLEY FOODS, U.S.A.

Farley's "THE ROLL": Cherry and Strawberry Fruit Rolls

GENERAL MILLS, INC.

Fruit by the Foot, (Special Edition)

Color by the Foot, Triple Fruit Punch

Strawberry Punch Fruit by the Foot

Fruit Roll-ups (Special Edition)

Strawberry Punch Fruit Roll-up, Crazy Color Fruit Roll-up, Screamin' Green Hot Color Fruit Roll-up, Electric Yellow Hot Color Fruit Roll-up, Sizzling Red Hot Color Fruit Roll-up, Tropical Cherry Fruit Roll-up, Blazin' Blue Hot Color Fruit Roll-up.

Fruit String Thing (Special Edition)

Sneaky Stripes: Double Berry Punch Flavored, Strawberry Punch

CANADA PURE WATER COMPANY LTD.

Sparkling Refreshers: Wildberry, Black Cherry, Peach, Raspberry, Lemon Lime, Orange

CLEARLY CANADIAN BEVERAGE CORP.

Quencher: Grape, Apple, Tropical Lime, Fruit & Berry

BRACH & BROCK CONFECTIONS, INC

Hi-C® Fruit Snack

Let's Celebrate!
—A World of Healthy Food

LET'S CELEBRATE! is an excellent sequel to Let's Party, a nutrition education resource that relates concepts of healthy eating to parties at home and school. Both grew from the belief that learning good eating habits should be fun and exciting. Ideas presented in this book are intended to help students learn eating skills and attitudes primarily by preparing and eating food.

LET'S CELEBRATE! suggests activities, recipes. It also has resources to help students: 1) enjoy a variety of nutritious foods and feel confident about trying unfamiliar foods; 2) understand cultural influences on food preferences and eating habits, and; 3) appreciate the similarity and diversity of the world's peoples.

LET'S CELEBRATE! Is full of ideas for school, home and other settings. In each of the book's eight cultural region sections, the reader will find the following features.

- Classroom and Nutrition Ideas
- Countries of the Region
- Party Ideas
- Times to Celebrate
- Classroom Recipes
- Food Guide Pyramid and Spices of life (for each of the cultural regions)
- Cafeteria Menus and Recipes (see example)

Ideas appearing in the Cafeteria Menus and Recipes section are adapted for use in the school cafeteria. Although clearly not authentic, these menus and recipes offer foods somewhat representative of the region. Recipes use ingredients, equipment and methods available to most school nutrition programs. Menus and recipes were tested in school cafeterias in West Virginia.

The book is available for loan from the Nutrition Unit or may be purchased from West Virginia. Prices vary depending on quantity purchased. Please fax (866-6663) a request to Anetta Stevens if you would like to borrow the book. For ordering information, contact Judy Schure (866-6654).

Cafeteria Menus

Mexican Lunch

Chicken n'Cheese Quesadillas
Ejotes con Lemon (Lemon Green Beans)
Spanish Rice
Fresh Oranges and Bananas
Mexican Chocolate Pudding

Brazilian Lunch

Black Bean Soup w/ Cheese
Sliced Tomato and Pepper Strips
Laranjas (Orange Salad)
Fiesta Cornbread

Regional Lunch

Cuban
Chicken n'Rice
Haitian Mixed Vegetables
Pineapple or Orange Wedges
Cinnamon Muffins

Looking for some quick snack ideas that are fun for kids to make? Peggy Schmidt, Food Service Director at Limon put together an assortment of easy to make snacks, one for each month. Peggy had originally received a NET grant to institute the snack program, and she has been gracious enough to continue with the program for another year. The snack recipes were designed to be fun for the kids to prepare, as well as expose children to different texture and new foods.

Ants on a Log

1/2 banana, split lengthwise or 1/2 stalk of celery
2 Tbsp. peanut butter, reduced fat
5 raisins

Spread peanut butter on flat slice of the banana or celery stalk. Arrange raisins on top of peanut butter for ants.

Pear Boat

Lettuce leaf
1/2 canned pear
1/2 slice lowfat American cheese
1 small plastic straw
Fish-shaped crackers

Arrange lettuce leaf on a 6 inch plate. Place pear on leaf, cut side up. Cut a slit in upper portion of straw. Cut slice of cheese on the diagonal: insert triangular slice of cheese in straw. Put lower end of straw into rounded end of pear near outer edge. Scatter fish-shaped crackers around "boat."

Animal Cart

1 animal cracker
l large marshmallow
2 stick pretzels
2 wheel vegetables, cucumber or carrots
1 toothpick
1 6-inch piece of yarn

Push toothpick through marshmallow. Push on the cucumber or carrot circles for wheels. Insert pretzel stick 1/4 inch apart. Tie animal cracker between pretzel sticks.

Turkey

1 1/2 red pepper strip
1 2 inch outside stalk celery
1 red apple
1 toothpick

Cut 1/2 down stalk of celery several times. Put in ice-water to fan. Attach to the stem end of the apple with 1/2 of the toothpick. Attach the pepper strip to the blossom end with other piece of toothpick to form neck and head.

Mooving Right Along

As of January 1, 1998, the Food and Drug Administration (FDA) rules for labeling changes for milk will go into effect. The labeling changes were actually passed in 1996, but the dairy industry was allowed until January 1, 1998 to comply. Under the current labeling regulations, low fat is defined as 3 grams of fat or less per serving. Since 2% milk has approximately 5 grams of fat per 8 ounce serving, it does not fit into this category and will now be called *Reduced fat*. The 1% milk does meet the definition of a Low Fat food, with about 2.4 grams of fat per serving. A product with less than .5 grams of fat can be labelled fat free, which is why skim milk has a label change.

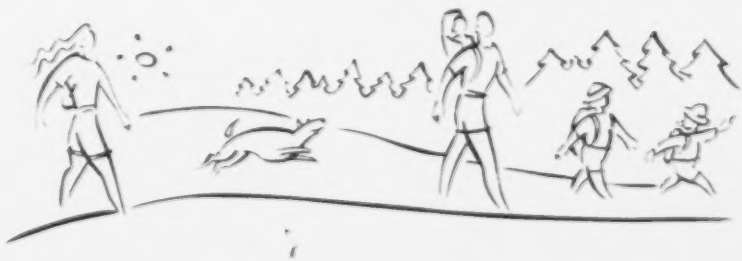
Old Labels	Fat Content	New Labels
Regular or Whole	8 grams	Same
2%	5 grams	Reduced Fat
1%	2.5 grams	Low Fat
Skim	less than .5 gram	Fat Free

Helping Raise Healthy Children

—Realizing the importance of school nutrition and physical education

This message was developed by Judy Schure, Colorado Department of Education Nutrition Unit, in collaboration with the Colorado School Food Service Association and Western Dairy Council. To promote this message, an attractive and informative brochure was developed The brochure has been very popular, and Nutrition Services of Aurora distributed them with the school newsletter. This is a great way to get out the message that nutrition and physical education are important!

Remember...
children learn by example!



SUMMER FOOD SERVICE PROGRAM

Is it summer? No, but it is the start of the Summer Food Service Program season and it is never too early to talk about becoming a Summer Food Service Program sponsoring organization. The main rewards of becoming a SFSP sponsoring organization are: 1) employees earn wages through the summer; 2) the school district gains additional positive public relations; and 3) the most important reason is that you can feed children during the summer months.

Current SFSP sponsoring orgainzations should have received a practice SFSP application, information on training dates and notices about changes in the SFSP. If you would like a copy of the SFSP applications on MS Word, please contact me, toll free, at (888) 245-6092 or (303) 866-6650). You can also access the Nutrition Unit website for training dates and times: **www.cde.state.co.us/fsnutrit.htm**

Confidentiality of Free and Reduced Price Information

"I need a list of the free and reduced students to see if they are eligible for this program."—how many times have you heard those words from principals, superintendents or other individuals? Although these individuals may mean well, the free and reduced price information is confidential unless an information release has been signed, or the information being collected is designated for the following programs:

1) Title I allocation and evaluation purposes

2) National Assessment of Educational Progress on behalf of the U.S. Department of Education's Office of Educational Research and Improvement

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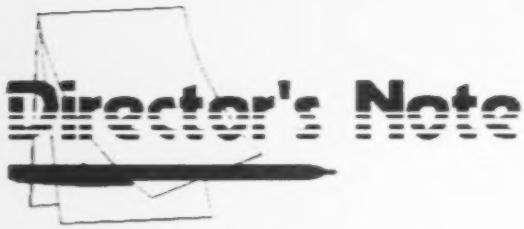
School Breakfast *(continued from page 1)*

In response to input from the link between learning and nutrition, U.S. Senator Tim Johnson, South Dakota, introduced a bill that would make **universal breakfast** an option for all elementary schools in the country. The bill (S1396), entitled Meals for Achievement Act," would provide funding for schools that want to offer free breakfast to children, regardless of their families' income level. For those of you who need to convince the administration about the importance of breakfast in the learning process, help is available. A pilot, universal breakfast program was conducted in Minnesota. The results of this study are available from the Minnesota Department of Children, Families & Learning . A copy can be obtained by calling (612) 297-2094 and asking for a summary report for the School Breakfast Programs: Energizing the Classroom study.

New NetPro Instructor

Gene Scheve has recently joined the NETPro Team. He resides in the small town of Eckert, located about ten miles north-east of Delta, but is a native of the Denver suburb of Arvada. Gene has a B.A. degree in Biology and Chemistry and has worked as an environmental health specialist with the Delta County Health Department. He is currently self-employed and provides consultation and training to food service employees of Delta and Montrose School Districts.



In Washington, DC . . . Legislation has been proposed in Congress that would provide school breakfasts for all elementary children at no charge. Entitled the "*Meals for Achievement Act,*" the intent is to recognize the proven link between an adequate breakfast and cognitive development. It also will attempt to emphasize that providing breakfast to all children, at no charge, is not any different than providing books, computers, and bus transportation. While the bill may not pass this year, it does have bipartisan support; this is a good sign that members of Congress may finally be acknowledging that hungry kids can't learn. Something all of us have known since day one.

Summer Workshop . . . The annual Child Nutrition Summer Workshop will be held this year at Colorado State University, June 15-17, 1998. Plans call for a full, two-day conference, a format popular with attendees. A variety of courses for both managers and assistants will also be offered.

Integrity . . . Child Nutrition programs exist for children—to help them grow and thrive, to keep them ready to learn. Some of you have been confronted by administrators and educators who argue the necessity of competitive food sales to maintain adequate revenue for their schools, particularly high schools. We must appreciate the political and economic climate in schools today and learn to work as partners. We cannot compromise our primary reason for being here: "To preserve and protect the nutrition integrity of the Child Nutrition programs, recognizing the proven link between nutrition and a child's ability to learn."

Dan

Colorado Department of Education

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Newsletter Information

For more information on any of the articles in this newsletter, contact:

Kay Nash, Editor
(303) 866-6653

CSFSA
Multicultural Survey

One of ASFSA's objectives is to address the needs of a diverse membership.

ASFSA Strategy 1: Identify the needs of school districts for multilingual/multicultural foodservice programs for members.
CSFSA Strategy 1: Conduct a survey of school foodservice directors for needs identification.

Please complete the following survey and return to: Mona Martinez-Brosh, R.D.
Brighton S.D. 27J
Nutrition Services
Brighton, CO 80601

1. Is your district currently addressing the needs of your multicultural population? Yes ___ No___

2. How many cultures have you identified within your school system? Please list the cultures.

3. Have you modified your menus to accommodate the different cultures taste preferences? Yes___ No___ Please submit copies of your menus and recipes. Jeanne Aiello has said that she will compile a recipe book of recipes submitted.

4. Is your district currently printing materials in other languages, if so please indicate what languages and submit copies.

5. Is your district currently experiencing any concerns regarding multicultural employees, such as training, dress code, getting along with fellow workers, etc.?

6. What other needs has your district identified as areas that your operation must address?

7. How are you currently addressing the needs listed in number 6?

8. What types of materials would be helpful to your district to help address the diverse cultures?

Colorado Communiqué

Publication of the Nutrition Unit — May 1998

Congratulations Judy!

Judy Schure received the 1998 Ruth C. Bowling Award for Outstanding Leadership in Nutrition Education at Western Dairy Council's annual meeting and recognition luncheon. As coordinator of the Colorado Department of Education Nutrition's Education and Training program, Judy is known for her dedication towards furthering nutition education in schools. She has also been instrumental in helping develop training materials that are used nationally.

Digging Into 5 A Day

Celebrate 5 A Day week, September 13-19, 1998. *Take the 5 A Day Challenge* offers great opportunities for school personalities to model the 5 A Day habit! As always, creativity is the name of the game for any nutrition education program. Several fruit and vegetable choices are served daily in school breakfasts and lunches, but the dilemma is how to get the kids to eat them. Try getting them involved with fruits and vegetables. How? Dig into gardening.

Whether it's a full-scale school garden, a window sill germination experiment, or a small plot at home, gardening allows children to experience lessons that will last a lifetime. At its most scientific, a garden provides a living context in which children can study the principles of interdependence, diversity, cycles, scale and limits, energy and resources, succession, and sustainability; principles that are part of the science standards for Colorado. While helping teachers meet their educational priorities, gardening provides the opportunity to teach children about 5 A Day and health, plus it is just plain fun!

There are many ways to experience fresh fruits and vegetables here in Colorado. Farmers markets abound in most areas of the state, and many are open spring through fall. A list of farmers' markets and Colorado farms offering tours to school groups will soon be available on the state's official *5 A Day* website, www.colorado5aday.org. Over the next few months, we at CDE will be gathering ideas for simple ways to connect the cafeteria with the classroom around gardening and to 5 A Day. We'll begin with the resource table at workshop this summer. Hope to see you there!

inside

Ground Beef 2

Free and Reduced Price Forms 2

NSL week 3

Resources 4-5

Crediting of Salsa . . .6

Best Practices 7

Director's Note 8

Are You Using USDA Recipes That Call For Ground Beef?

USDA recipes that use ground beef call for 17.5 lb. (raw weight) per 100-2 ounce cooked, meat/meat alternate portion. If you are using ground beef that is less than 24% fat—which is what the USDA recipes are based upon, you may want to make adjustments to these recipes because less weight is lost during cooking. For example, with 80/20 ground beef, use 17 lb. per 100; 85/15 - 16.8 lb. per 100; and 90/20 - 16.6 lb. per 100. This may not seem like it makes much difference, but when using large amounts of ground beef, the cost savings can be significant.

They're Here

The Child Nutrition Program forms for the 1998-99 school year have been mailed. This year the cover is pink so you can't miss it. The booklet contains all the necessary forms, except for the CDE187 (renewal agreement). This will be mailed by Herminia Vigil at a later date.

Please take the time to browse through it and read the cover letter and instructions for each program. The packet this year has been three-hole punched so you can put it in a notebook. If you would like the forms on disk, please call Kay or Jeanne at (303) 866-6661or toll free, (888) 245-6092.

CSFSA Announces New Membership Secretary

Nancy O'Dell of O'Dell Management Services, Inc. is the new membership secretary for CSFSA. Please mail all of the attendance forms and certification slips to Nancy at the following address:

O'Dell Management Services, Inc.
896 S. Victor Way
Aurora, CO 80012

Telephone:(303) 341-1053
Fax: (303) 343-7887

Approval for Continuing Education credits for district and association courses should be sent to:

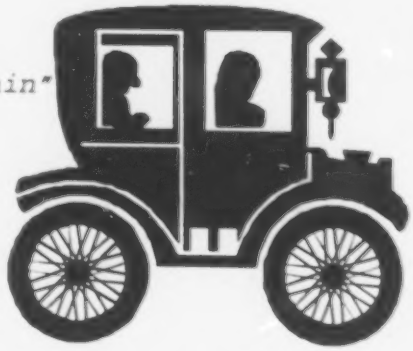
Jeanne Aiello
CDE Nutrition Unit
201 E. Colfax Ave.
Denver, CO 80203

It's a Road Trip

Each fall, NuMenus training takes a road trip. In August and September, Jeanne Aiello and Barb CVeVas bring their NuMenus training to you. If your district has plans to switch to *NuMenus*, in all or some of your schools, we recommend that you call and set up a district training. The training will be provided on Offer versus Serve and Menu Work Sheets (even if you are using a form developed from your own software). Don't hesitate to call —we are usually booked by July!

Call Jeanne at (303) 866-6659 or toll free, 1 (888) 245-6092.

"On The Road Again"



National School Lunch Week, October 12-16, 1998

This year's theme for National School Lunch Week is *"School Lunch: It's a Hit!* Take this opportunity to strut your stuff, by stepping forward to show off your menus, explain recent changes in the cafeteria, and emphasize the link between healthy eating and education.

Many schools make up their menus months in advance to enable them to purchase what they will need for the next school year. Now that you know the dates of National School Lunch Week ,you can put it on your calendar and serve these two great recipes.

Chicken Quesadillas

Chicken, diced, cooked	4 lbs., 12 oz.
Onions, fresh	8 oz.
Tomatoes, fresh, red ripe	1 lb., 8 oz.
Peppers, sweet, red, raw	1 lb.
Salt	1 Tbsp.
Pepper, Black	1 Tbsp.
Paprika	1 1/2 Tbsp.
Garlic powder	2 Tbsp.
Tortillas, 7-in diameter	100
Mozarella cheese, part-skim	1 lb. 12 oz.
Cheddar cheese	1 lb. 8 oz.
Margarine	5 oz.

Directions

1. Use diced commodity or other cooked chicken.
2. Place chicken, onion, tomatoes, bell pepper and spices in steamtable pan and cook in steamer for 5 minutes.
3. Place eight flour tortillas on 18x26-inch sheet pan that has been sprayed withfood release or lined with a slightly oiled pan liner.
4. Place 2 oz. chicken mixture on each tortilla and spread evenly
5. Mix cheeses together. Sprinkle 1/2 oz of cheese on top of chicken mixture.
6. Place second tortilla on top and brush lightly with margarine.
7. Place in 400 F convection oven for 3 to 4 minutes.
8. Mix lettuce and tomatoes. On serving line, top each quesadilla with 1/2 oz lettuce/tomato mixture.

Yield: 50 quesadillas
Meal Pattern: 2 ozs. M/MA, 2 grains/breads
Per Serving: 417 cal., 26.4 g pr., 41.7 g carb., 2.8 g fiber, 15.6 g fat, 5.2 g sat. fat, 55 mg chol., 712 mg sod. 162 RE vit. A, 20.3 mg vit. C, 324 mg ca., 3 mg iron

Italian Dunkers

Beef, ground	9 lbs.
Onions, fresh, chopped	1/4 cup
Garlic powder	1/4 cup, 2 Tbsp.
Tomato paste, canned	3/4 #10 can
Tomatoes, crushed, canned, heated	1 1/2 # 10 cans
Water	1 qt.
Beef stock	1/3 cup
Brown sugar	2 oz.
Chili powder	2 Tbsp., 2 tsp
Oregano, ground	2 Tbsp., 2 tsp
Parsley, dried	2 Tbsp., 2 tsp
Basil, ground	2 Tbsp., 2 tsp
Salt	2 Tbsp.
White pepper	1 Tbsp.

1. Brown ground beef and drain well
2. Add onions and garlic powder. Cook until onions become opaque.
3. Add remaining ingredients. Mix well. Simmer for one hour.
4. Portion sauce into 4-oz. souffle cups. Serve with Cheesy Bread.

Yield: 100 servings

Meal Pattern: 1 oz. M/MA, 1/4 cup F/V
Per serving: 103 cal., 8g protein, 1.6 g fiber, 4.8 g fat, 1.8 g sat. fat, 23 mg cholesterol, 269 mg sodium, 84 RE vit.A, 15.1 mg vit. C, 22 mg ca., 1.8 mg iron

Cheesy Bread

Italian Bread	2 oz.
Mozzarella cheese, part-skim	1oz

Yield: 1 serving

Meal Pattern: 2 grain/bread, 1 oz. M/MA

Per serving: 225 cal., 11.8 g pr., 29.1 carb., 1.5 g fiber, 6.5 g fat, 3.3 g sat. fat, 16 mg cholesterol, 463 mg sodium, 50 RE vit. A, 227 mg ca., 1.7 mg iron

All recipes taken from School Food Service and Nutrition, April 1998.

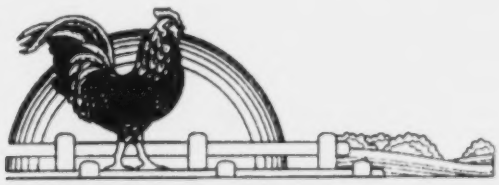
Nutrition and Agriculture in the Classroom—A summer nutrition course

Eat Good Food—Visit a Dairy Farm—And—Get Credit

In this course, food service personnel will receive resources that can help meet one of the standards in the American School Food Service Association's *Keys To Excellence*. This standard is to have "age appropriate/current nutrition education materials readily accessible to teachers." You will learn from registered dietitians what's new in nutrition and physical activity, experiment with food, and visit a dairy farm. Information presented can be used in the classroom and in everyday life. Classroom teachers and school food service personnel will take home new, action-packed resources in health and agriculture to complement your district's standards.

This class will be offered July 14 and 15, 1998. It will be at the Holiday Inn in Northglenn, Colorado. Class is from 8:30 AM to 4:30 PM each day. Class tuition is $65 and enrollment is limited. Fifteen hours of CSFSA continuing education credit is available for food service personnel, or one hour continuing education credit for teachers. Register for the class by calling Western Dairy Council at (303) 451-7711 or 1 (800) 274-6455.

Scholarships for class tuition are available. Fifteen scholarships will be awarded. Scholarships will be limited to one per school district. Applicants must be employed by a pre-kindergarten thorough grade twelve, Colorado public school district. The request for a scholarship application can be faxed or e-mailed to Judy Schure at (303) 866-6663 or **Schure_J@cde.state.co.us**. Application deadline is June 19.



Let's Celebrate! was a featured resource in the February/March issue of the Colorado Communique. It is an excellent resource for the district; school libraries may want to order this publication and make it available to teachers and food service personnel. Several people have called and expressed an interest in purchasing Let's Celebrate!

Ordering information:

Quantity	Cost
1-9	$25.00 each
10-24	$22.00 each
25 or more	$19.00 each

Make check payable to Curriculum Technology Resource Center. Send order to:

West Virginia Curriculum Technology Resource Center
Cedar Lakes Conference Center
Ripley, West Virginia 25271
Telephone: (304) 372-7874 FAX: (304) 372-7875

Diabetes Prevention Program

Do you have a family member who has diabetes? Did you have diabetes during pregnancy? Are you overweight? If you answered "yes" to any of these questions and are 25 or older, you may be eligible for a research study to help find out if diabetes can be delayed or prevented.

The University of Colorado School of Medicine is one of 25 medical centers in the United States looking for people to participate in the Diabetes Prevention Program (DPP). The study is directed towards women and men who are at risk for developing diabetes. This is the first such large-scale disease prevention study to be conducted in the United States. The DPP is testing whether healthy eating and exercise or two types of medication can prevent diabetes. Participants will be followed until the year 2002.

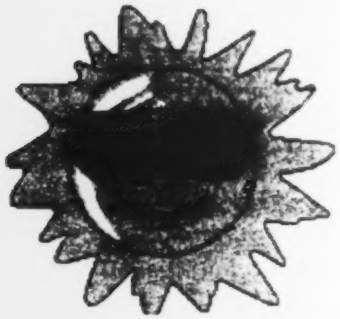
All study procedures are free of charge. For more information or to make an appointment for screening, please call (303) 315-7854.

NET Grants

NET grants, up to $1000 (per grant application) will be available for the 1998-99 school year. Each food service department will receive a NET Grant application; forms may be duplicated. Here are some ideas for a NET grant project :

- Plan a training using NETPRO instructors. Classes available for NETPRO are the Food Buying Guide; Safety and Sanitation; Standardizing Recipes; Basic Math Applications; Modifying Recipes; Cost Control; Trimming the Fat; and Culinary Techniques for Healthy School Meals. Smaller districts may want to consider planning a training with two or three other districts.
- Contract with a NETPRO instructor to complete a nutritional analysis of your school lunch and breakfast menus and develop a plan for modification based upon findings.
- Develop or purchase training or nutrition education materials that teach students, teachers, food service personnel or parents about the Food Guide Pyramid or the nutrition labeling for foods.
- Select materials to give nutrition information to students and teachers about food products or school menus in the cafeteria.
- Purchase up-to-date nutrition education curriculums that have been tested and evaluated for use in the classroom and the cafeteria.
- Provide classes for food service personnel in menu planning and food preparation using hands-on lab experiences.
- Develop materials that educate school board members and the community on the goals of the Child Nutrition Programs.
- Arrange for Sir 5-A-Day to visit your school cafeteria to emphasize the importance of eating fruits and vegetables.

A NET grant is an excellent opportunity to do some of the "extras" you have always wanted to do. If you have questions, contact Judy Schure at 866-6654.



Summer Food Service Program

In this issue of the Colorado Communique, a Summer Food Service Program insert lists all "Open" sites, where children 1-18 years of age can receive a free meal. The insert lists the county; organization running the Open site; a contact person; all Open site locations; and the dates the Open sites will be in operation.

During periods of operation, an Open site is a location where children from 1-18 years of age can receive one or two free meals a day, depending on the site. Please call the contact person(s) listed in the insert to inquire about what meals and the time those meals will be served.

The Summer Food Service Program is administered by the listed organizations, through the Colorado Department of Education, Nutrition Unit and United States Department of Agriculture, Food and Nutrition Services. You may call the Nutrition Unit at (303) 866-6661 or toll free (888) 245-6092 for questions or additional information.

Crediting of Salsa

As has been said before, nothing is constant except change, and this has certainly been true with the Child Nutrition Programs. Most food service personnel are aware that salsa cannot be credited as a fruit/vegetable in the Traditional or the Enhanced Food Based Menu plans. However, after reviewing the policy, the USDA has had a change of heart; they have established a new policy to allow crediting of salsa if certain criteria are followed.

Several years ago, when the crediting of salsa was first considered, the decision to not allow the product to receive credit in the school meals program was based on two general factors:

1) Salsa was considered a condiment and was generally used in amounts smaller than one-eighth cup. These smaller garnish amounts were not counted towards the vegetable/fruit requirement. The amount was often not controlled and an accurate determination of their contribution to the meal could not be made.

2) Salsa was considered a formulated product with no standard of identity, therefore, it could and often did contain non-vegetable components such as modified food starch, gums and stabilizers. Furthermore, because the formulas for salsa were the proprietary information of the food manufacturers, there was no way for a school to determine the actual amount of vegetable the salsa contained.

In recent years, salsa has become widely accepted by children, and menu planners now use it more in the role of a vegetable side dish, in amounts greater than one-eighth cup. At the same time, the Department has made a commitment to maintain flexibility, in all planning options, to help program participants serve lower fat, healthy meals. Since salsa is no longer being used primarily as a condiment and because there are numerous products available that contain only vegetable ingredients, the Department's policy has now changed to allow credit for the use of salsa in a reimbursable meal. Salsa may receive credit under the following criteria: 1) the minimum amount that can be used to receive credit is one-eighth cup; 2) For products that contain all vegetable ingredients plus minor amounts of spices for flavorings, one hundred percent of the product may be used to meet the volume requirement. The USDA commodity salsa fits into this category.

For products that contain non-vegetable components, like gums, starches or stabilizers, only that portion of the product that is a vegetable ingredient may be counted towards the volume requirement. It is the responsibility of the purchaser to maintain documentation on the percentage of vegetable in a product. This will need to be supplied and documented by the manufacturer or can be written into a product specifi-

BEST COPY AVAILABLE

Best Practices Awards

The USDA announces another year of BEST PRACTICES AWARDS. The purpose of the awards is to encourage and reward outstanding practices in school food service. The nomination form is provided as an insert. If you have questions, contact Kay Nash at (303) 866-6653. A nomination should consist of:

- ◊ a complete and accurate description of the practice (at least 250 but not to exceed 300 words)
- ◊ appropriate numbers, such as: dollars saved or increased participation
- ◊ relevant history, impact, and/or cost effectiveness
- ◊ documenting photographs or newspaper articles
- ◊ one copy of any coloring books, posters or videos that have been developed
- ◊ name and telephone number of a contact person
- ◊ mailing address
- ◊ size or average daily participation of school or school district
- ◊ the category for the nomination

Here are a few ideas for each category; these ideas are not intended as limitations. Nominations of creative or innovative in all categories are encouraged.

Accommodating Students with Special Needs- Lunchroom facilities, accommodations, and marketing specifically designed to encourage participation by students with disabilities/special dietary needs. Nominations should focus on feeding students with special needs rather than using them in vocational programs such as working in the cafeteria.

School Breakfast Program Expansion - Marketing used in the breakfast program and /or other creative or innovative ideas for breakfast food service or menu planning. Include enrollment and participation figures and percent increase. Schools that received a breakfast grant are not eligible for this award in the year they receive a grant

Creative Implementation of the Dietary Guidelines - Steps made toward modifying recipes and altering preparation techniques. Expansion or introduction of new foods to service line, including steps taken to inform students about the new foods. Systems for monitoring student's choices to determine how students are incorporating the dietary guidelines. "Before" and "after" menus should be included in the nomination.

Education in Nutrition and the Dietary Guidelines - Activities with students and/or food service personnel that increase awareness of nutrition and choices peoples make in following the dietary guidelines. Incorporation of media and community resources into the nutrition education program. Nomination must state if the school received a Nutrition and Education Training (NET) grant during the time period the practice has taken place.

Innovative Cafeteria Practices - Administration, management activities, and time management, cafeteria design and decor. Innovative ways of overcoming space, equipment, environmental or management problems or innovative use of themes. The innovative cafeteria practice should create a more positive image of school food service.

Team Nutrition - Nutrition-related activities sponsored by Team Nutrition. Schools that provide effective learning opportunities for students and which demonstrate a strong link between the cafeteria and the classroom.

Increasing Participation Through Marketing - Promotions, special events, themes and contests. Involvement and outreach to outside community. Highlighting and promoting the cultural diversity in a school through meal service.

The reauthorization of many of the Child Nutrition programs got underway in Washington, DC with the introduction of HR-3666. The bill was modeled after the legislative proposal developed by the U.S. Department of Agriculture. Many of the changes called for by the bill involve program improvements and streamling and have little or no budget impact. One very promising change would be to allow districts to claim reimbursement for snacks served in after-school programs along with their lunch and breakfast reimbursement. It could be as early as May that the bill would be considered by Congress, considering this is an election year, and many members are anxious to start their campaigns.

The two companion Meals for Achievement bills would provide free breakfasts for all elementary students,and are gaining more support. Even with a $300 million plus price tag, members of Congress are responding to the research linking nutrition and school performance. Maybe not this year, but the drive will continue.

A true friend to Child Nutrition. . .

Ralph Randel, former food service director for Greeley, and past CSFSA President, passed away on April 9. He was director at Greeley for 22 years, before retiring in 1991. Ralph was a true champion of our programs, and of children. Please join me in extending heartfelt sympathy to his wife Joanie, and to his loving family. He will be missed, but certainly not forgotten.

Temperature's rising. . .

Must mean that summer is just around the corner. Time for a little rest and relaxation for many of you. For others, a time for working in the Summer Food Service Program. For about 500 of your closest friends, a time for fun and learning at this year's Summer workshop. Whatever activity (or lack thereof) that you choose, do it with the same amazing enthusiasm you show every day when serving delicious, nutritious meals to Colorado's children! Work hard! Relax hard! Play hard!

Dan

Colorado Department of Education

William J. Moloney, Commissioner of Education
Art Ellis, Assistant Commissioner

Colorado State Board of Education

Patricia M. Hayes, Chairman
6th Congressional District, Englewood

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4th Congressional District, Kersey

Gully Stanford
1st Congressional District, Denver

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Dave Clay, Senior Consultant
Heather Mixon, Consultant

Newsletter Information

For more information on any of the articles in this newsletter, contact:

Kay Nash, Editor
(303) 866-6653

BEST PRACTICES AWARDS CRITERIA

1. Evidence of sustained excellence (20 points)

   Consideration should be given to overall management of the program. Schools and school food authorities that have run a superior program for some length of time should receive the highest score.

2. Innovation (20 points)

   An idea that gives a new and effective twist to an old solution or that is an innovative and successful addition to school food service should be rated accordingly. Creative and clever ideas should receive maximum ratings.

3. Impact (20 points)

   Evidence of increased participation or increased support or recognition from students, patents, teachers, or the community.

4. Cost effectiveness and efficiency (20 points)

   The idea should make good use of the available resources and labor. An expensive new computer system that makes a major improvement in efficiency could be cost effective if the expenditure is in proportion to the results. Manpower and budgetary requirements should be reasonable in relation to the results.

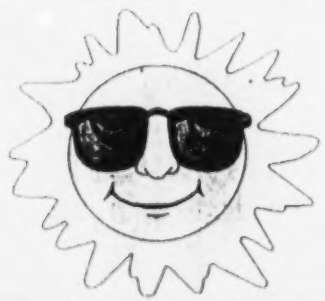
5. Transferability (10 points)

   Awards should establish standards of excellence for other States to strive toward. Some judgment should be made as to how easily the idea could be implemented by other schools or SFAs.

6. Presentation (10 points)

   The material should be well presented. It should be well organized, complete, clear and succinct. Although well written material may be rated highly, objective measures of success, results, and such items as photographs or letters of support from appropriate users, i.e., students, PTA member or teachers should also be considered as part of the presentation.

Area	County	Sponsor Name	Contact Name	Contact Number	Site Name	Address	City	State	Zip	Starting Date	Ending Date
Central											
	Fremont	Florence S D. RE-2	Beverly Palmer	(719) 784-6312	Florence Cafeteria	403 West Fifth St	Florence	CO	81226	6/1/98	6/26/98
	Lake	Lake County S D. R-1	Rick Terhune	(719) 486-6811	The Center	315 West 6th St	Leadville	CO	80461	6/1/98	8/14/98
Colorado Springs											
	El Paso	Colorado Springs S.D. 11	Claudia Walters	(719) 573-4282	El Pomar Boys & Girls Clubs West	1135 West Platte Ave	Colorado Springs	CO	80903	6/10/98	8/29/98
					Sand Creek Family Center	550 Sand Creek Drive	Colorado Springs	CO	80916	6/22/98	8/6/98
					Deerfield Hill Comm Center	4290 Deerfield Hills Road	Colorado Springs	CO	80916	6/22/98	8/6/98
					Adams Elem	2101 Manitoba Dr	Colorado Springs	CO	80910	6/22/98	7/31/98
					Columbia Elem	835 E St Vrain	Colorado Springs	CO	80903	7/27/98	8/7/98
					Otis Park Community Center	1713 N Iowa	Colorado Springs	CO	80903	6/22/98	8/6/98
					West Center Intergenerational	25 North 20th Street	Colorado Springs	CO	80904	6/22/98	8/6/98
					Wason High	2115 Afton Way	Colorado Springs	CO	80909	6/10/98	8/29/98
					Hunt Elem	917 E Moreno Ave	Colorado Springs	CO	80903	7/6/98	7/31/98
					Hillside Community Center	925 S. Institute	Colorado Springs	CO	80903	6/22/98	8/6/98
					Meadows Park Community Center	1939 S. El Paso	Colorado Springs	CO	80915	6/22/98	8/6/98
					Ivywild Elem	1604 S Cascade Ave	Colorado Springs	CO	80906	6/15/98	7/31/98
	El Paso	Fountain-Ft Carson El Paso S.D. 8	Claudia Walters	(719) 382-1333	Abrams Elem	500 Chiles	Ft. Carson	CO	80913	6/8/98	7/24/98
					Mountainside Elm	5506 Harr Ave	Ft. Carson	CO	80913	6/8/98	7/24/98
					Mesa Elem	400 Camino Del Rey	Fountain	CO	80817	6/8/98	7/24/98
					Lorraine Elem	301 E Iowa	Fountain	CO	80817	6/8/98	7/24/98
					Central Kitchen	353 W Iowa	Fountain	CO	80817	6/8/98	7/24/98
	El Paso	Harrison S.D.	Linda Rodriquez	(719) 579-2044	Carmel Middle School	1740 Peppenwood Drive	Colorado Springs	CO	80910	6/8/98	7/16/98
Metro-Denver											
	Arapahoe	Aurora P.S. 28J	Linda Dallman	(303) 343-0295 x28553	Elkhart Elem	1020 Eagle St	Aurora	CO	80010	6/15/98	7/23/98
					Vaughn Elem	1155 Vaughn St	Aurora	CO	80011	6/15/98	7/23/98
					Kenton Elem	1255 Kenton St	Aurora	CO	80011	6/16/98	7/30/98
					Boston Elem	1365 Boston St	Aurora	CO	80010	6/15/98	7/24/98
	Arapahoe	Littleton P.S.	Jeanne King	(303) 347-3356	East Elementary	5953 S Fairfield St	Littleton	CO	80120	6/12/98	8/15/98
					Village Center	1901 W Powers Ave	Littleton	CO	80120	6/12/98	8/15/98
	Arapahoe	Sheridan S.D. #2	Kelly Severson	(303) 789-1865	Sheridan Middle School	4107 S Federal	Sheridan	CO	80110-4316	6/15/98	7/30/98
					Ora Oliver Elem	4000 S Lowell Blvd	Sheridan	CO	80236	6/8/98	7/31/98
	Denver	Denver Inner City Parish	Patricia Running Bear		La Alma/ Lincoln Park	W 11th, Mariposa	Denver	CO	80204	8/3/98	8/28/98
					Hector Flores Park	W 5th , Galapago	Denver	CO	80204	8/3/98	8/23/98
					Denver Inner City Parish	910 Galapago St	Denver	CO	80402	6/15/98	8/28/98
					Dailey Park	S. Elati, W Archer Place	Denver	CO	80204	8/3/98	8/28/98
	Denver	Denver P.S.	Shirley Delgado	(303) 715-5606	Castro Elem	845 S. Lowell Blvd	Denver	CO	80219	6/15/98	7/31/98
					Stedman Elem	2940 Dexter St	Denver	CO	80207	6/15/98	7/31/98
					Kunsmiller Middle School	2250 S. Quitman Way	Denver	CO	80219	6/15/98	7/31/98
					College View Elem	2675 S Decatur St	Denver	CO	80219	6/15/98	7/31/98
					Johnson Elem	1850 S. Irving St	Denver	CO	80219	6/15/98	7/31/98
					Columbine Primary Edu Center	2727 Columbine St	Denver	CO	80205	6/15/98	7/31/98
					Munroe Elem	3440 W. Virginia Ave	Denver	CO	80219	6/15/98	7/31/98
					Knapp Elem	500 S. Utica St	Denver	CO	80219	6/15/98	7/31/98
					Barrett Elem	2900 Richard Allen Court	Denver	CO	80205	6/15/98	7/31/98
					Ashley Elem	1914 Syracuse	Denver	CO	80220	6/15/98	7/31/98
					Gove Middle School	4050 E 14th Ave	Denver	CO	80220	6/15/98	7/31/98
					Greenlee Elem	1150 Lipan St	Denver	CO	80204	6/15/98	7/31/98
					Fairview Elementary-DPS	2715 W 11th Ave	Denver	CO	80204	6/15/98	7/31/98
					Fairmont Elem	520 W 3rd Ave	Denver	CO	80223	6/15/98	7/31/98
					Baker Middle School	574 W 6th Ave	Denver	CO	80204	6/15/98	7/31/98
					Smith Elem	3590 Jasmine St	Denver	CO	80207	6/15/98	7/31/98
					Swansea Elem	4650 Columbine St	Denver	CO	80216	6/15/98	7/31/98
					Del Pueblo Elem	750 Galapago St	Denver	CO	80204	6/15/98	7/31/98
					Amesse Elem	5440 Scranton St	Denver	CO	80239	6/15/98	7/31/98
					Godsman Elem	2120 W Arkansas	Denver	CO	80223	6/15/98	7/31/98
					Columbian Elem	2925 W 40th Ave	Denver	CO	80211	6/15/98	7/31/98
					Wyman Elem	1690 Williams St	Denver	CO	80218	6/15/98	7/31/98
					Whittier Elem	2480 Downing St	Denver	CO	80205	6/15/98	7/31/98
					Gilpin Elem	2949 California St	Denver	CO	80205	6/15/98	7/31/98
					Harrington Elem	3230 E 38th Ave	Denver	CO	80205	6/15/98	7/31/98
					Remington Elem	4735 Pecos St	Denver	CO	80211	6/15/98	7/31/98
					Ford Elem	14500 Maxwell Place	Denver	CO	80239	6/15/98	7/31/98
					Rishel Middle School	451 S. Tejon St	Denver	CO	80223	6/15/98	7/31/98
					Valdez Elem	2525 W 29th Ave	Denver	CO	80211	6/15/98	7/31/98
					Smedley Elem	4250 Shoshone St	Denver	CO	80211	6/15/98	7/31/98
					Cheltenham Elem	1580 Julian St	Denver	CO	80204	6/15/98	7/31/98
					Bryant-Webster Elem	3635 Quivas St	Denver	CO	80211	6/15/98	7/31/98
					Skinner Middle School	3435 W 40th Ave	Denver	CO	80211	6/15/98	7/31/98
					North High School	2960 N. Speer Blvd	Denver	CO	80211	6/15/98	7/31/98
					Eagleton Elem	880 Hooker St	Denver	CO	80204	6/15/98	7/31/98
					Cowell Elem	4540 W. 10th Ave	Denver	CO	80204	6/15/98	7/31/98



Colorado Summer Food Service Program For Children

Listed are sites where children 18 years and younger can receive a free meal throughout the Summer months. Find a site closest to you and contact the person listed to answer questions concerning what meals are served and at what times they are served. Children may eat up to 2 meals per day at a site.

The Summer Food Service program for Children (SFSP) is sponsored by local organizations throughout Colorado. The SFSP is administered by the Colorado Department of Education, Nutrition Unit and the United State Department of Agriculture. If you have any question concerning the organizations, please contact Dave Clay at (303) 866-6650 or (888) 245-6092.

Area	County	Sponsor Name	Contact Name	Contact Number	Site Name	Site Address	City	State	Zip	Starting Date	Ending Date
	Denver	Denver P.S. (Con't)	Shirley Delgado	(303) 715-5606	Barnum Elem.	85 Hooker St	Denver	CO	80219	6/15/98	7/31/98
					McGlone Elem.	4500 Crown Blvd	Denver	CO	80239	6/15/98	7/31/98
	Jefferson	Jefferson County P.S.	Gaylene Ohlson	(303) 855-8176	Molholm Elem.	6000 W 9th Ave	Lakewood	CO	80214	6/1/98	7/31/98
					Anderson park	44th and Field	Wheatridge	CO	80033	6/1/98	7/31/98
					Russell Elem.	5150 Allison St	Arvada	CO	80002	9/1/98	7/31/98
					Wheat Ridge Middle School-op	7101 W 38th Ave	Wheat Ridge	CO	80033	6/1/98	7/31/98
					Stein Elem.	80 S. Teller St	Lakewood	CO	80226	6/1/98	7/31/98
					Pleasant View Elem.-Naliz Hall	952 Moss St	Golden	CO	80401	6/1/98	7/31/98
					Deane Elem.	580 South Harlan St	Lakewood	CO	80226	6/1/98	7/31/98
					Pennington Elem.	4645 Independence	Wheatridge	CO	80033	6/1/98	7/31/98
					Lumberg Elem.	6705 W 22nd Ave	Edgewater	CO	80214	6/1/98	7/31/98
					Lawrence Elem.	5611 Zepher St	Arvada	CO	80002	6/1/98	7/31/98
					Foster Elem.	5300 Saulsbury	Arvada	CO	80002	6/1/98	7/31/98
					Edgewater Elem.	2280 Depew St	Edgewater	CO	80214	6/1/98	7/31/98
North											
	Adams	Adams 12 5 Star Schools	Cheryl Cunningham	(303) 810-7752	Federal Heights Elem.	2500 W 96th Ave	Federal Heights	CO	80221	6/8/98	8/7/98
					Coronado Hills Elem.	8300 Downing Drive	Thornton	CO	80229	6/8/98	8/7/98
					Thonton Elem.	901 Eppinger Blvd	Thornton	CO	80229	6/8/98	8/7/98
	Adams	Adams County S.D. 14	Kim Root	(303) 853-1119	Kearney Middle School	6160 Kearney St	Commerce City	CO	80022	5/26/98	7/31/98
					Central Elem.	6450 Holly St	Commerce City	CO	80022	5/26/98	7/31/98
					Monaco Elem.	7631 Monaco Street	Commerce City	CO	80022	5/26/98	7/31/98
	Adams	Adams County S.D. 50	Susan Rondinelli	(303) 657-3895	Baker Elem.	3555 W 64th Ave	Denver	CO	80221	6/8/98	8/7/98
					Fairview Elem.	7826 Fairview Ave	Denver	CO	80221	6/8/98	8/7/98
					F.M. Day Elem.	1740 Jordan Dr	Denver	CO	80221	6/8/98	8/7/98
	Adams	Brighton S.D. 27J	Mona Martinez-Brosh	(303) 655-2985	Vikan Middle School	879 Jessup	Brighton	CO	80601	6/8/98	8/14/98
					Overland Middle School	455 North 19th Ave	Brighton	CO	80601	6/8/98	8/14/98
	Adams	Mapleton S.D. 1	Kim Root	(303) 853-1119	Western Hills Elem.	770 delta Street	Denver	CO	80221	6/1/98	7/31/98
	Boulder	St. Vrain Valley S.D.	Cindy Greule	(303) 682-7251	Columbine Elemen.	111 Longs Peak Ave	Longmont	CO	80501	6/22/98	7/24/98
	Larimer	Thompson S.D. R2-J	Tammie Rempe	(970) 669-4955	Winona Elem.	201 S Boise Ave	Loveland	CO	80537	6/8/98	7/31/98
					Bill Reed Middle School	370 West 4th Street	Loveland	CO	80537	6/8/98	7/31/98
	Weld	Weld County S.D. 6	Susan Roberts-Garcia	(970) 356-3636 X304	Centennial Elementary	1400 37th Street	Evans	CO	80620	5/26/98	6/26/98
					Jefferson Elementary	1315 4th Ave	Greeley	CO	80631	6/15/98	7/17/98
					Martinez Elementary	341 14th Ave	Greeley	CO	80631	6/15/98	7/24/98
Pueblo											
	Pueblo	Pueblo S.D. 60	Eugene Armstrong	(719) 549-7249	Parkview Elem.	1327 E 9th St	Pueblo	CO	81001	6/8/98	7/31/98
					Irving Elem.	1629 Wes 21st St	Pueblo	CO	81003	6/8/98	7/31/98
					Central High	216 E Orman	Pueblo	CO	81004	6/15/98	7/31/98
					Bessemer Elem.	1125 East Routt Ave	Pueblo	CO	81004	6/8/98	7/31/98
					Columbian Elementary	1202 Bragdon Ave	Pueblo	CO	81004	6/8/98	7/31/98
					Bradford Elem.	107 S. LaCross Ave	Pueblo	CO	81001	6/8/98	7/31/98
					Beulah Heights	2670 Delphinium St	Pueblo	CO	81005	6/8/98	7/31/98
	Pueblo	Pueblo S.D. 70	Dan Witt	(719) 542-0223 x3022	Vineland Middle School	1132 Lane 36	Pueblo	CO	81006	6/8/98	8/14/98
South											
	Las Animas	Trinidad S.D. 1	David Unruh	(719) 846-3271	Trinidad Jr High	614 Park Street	Trinidad	CO	81082	6/1/98	8/7/98
					East Street Elem.	206 East Street	Trinidad	CO	81082	6/1/98	8/7/98
	Las Animas	Trinidad State Jr College	Carla Sandoval	(719) 846-6977	Holy Trinity School	201 Church	Trinidad	CO	81082	6/1/98	8/7/98
					Central Park	Stonewell and San Juan	Trinidad	CO	81082	6/1/98	8/7/98
					Southside Community Center	1309 Besheer Ave	Trinidad	CO	81082	6/1/98	8/7/98
					Kit Carson park	San Pedro & Kansas	Trinidad	CO	81082	6/1/98	8/7/98
South East											
	Otero	East Otero S.D.	Deb McNerny	(719) 384-8143	Columbian El.	8th and Grace	La Junta	CO	81050	6/8/98	7/31/98
					Otero Jr. College Student Center	18th and Smithland	La Junta	CO	81050	6/8/98	7/31/98
					East Elem.	6th and Prospect	La Junta	CO	81050	6/8/98	7/31/98
					West Elem.	6th and Topeka	La Junta	CO	81050	6/8/98	7/31/98
	Otero	Rocky Ford S.D. R-2	Linda Loring	(719) 254-7423	Liberty Elem.-Open	608 North 11th St	Rocky Ford	CO	81067	6/12/98	7/24/98
					Jefferson Middle	901 South 11th Street	Rocky Ford	CO	81067	6/12/98	7/24/98
	Prowers	Lamar S.D. RE-2	Debbie McNerny	(719) 336-5431	Lincoln Elem.	200 North 10th	Lamar	CO	81052	6/8/98	7/31/98
South West											
	Alamosa	Alamosa S.D.	Kathy Blair	(719) 589-6696	Ortega Middle-Migrant	401 Victoria Ave	Alamosa	CO	81101	6/22/98	7/31/98
	Costilla	Blanca/Ft. Garland	Lawrence Pacheco	(719) 379-3450	Blanca/Ft. Garland Community Center	P.O. 310	Blanca	CO	81123	6/8/98	7/30/98
	La Plata	Durango S.D. 9-R	Bev Fischer	(970) 547-5411 x136	Park Elem.	823 East 5th Ave	Durango	CO	81301	6/8/98	8/13/98
	Rio Grande	Del Norte S.D. C-7	Sandra Mueller	(719) 657-4042	Del Norte School	780 11th Street	Del Norte	CO	81132	6/8/98	8/14/98
West											
	Mesa	DeBeque School District 49JT	Stephanie Bruckner	(970) 283-5596	DeBeque Cafeteria	730 Minter Ave PO Box 70	DeBeque	CO	81630	6/8/98	8/6/98
	Mesa	Mesa County S.D. 51	Lincoln Pierce	(970) 245-2422 x148	Orchard Mesa Middle School	2736 C Road	Grand Junction	CO	81503	6/8/98	8/12/98
					Columbine Elm	824 9th St	Grand Junction	CO	81501	6/8/98	8/12/98
					Clifton Elem.-Open	3276 F Road	Grand Junction	CO	81520	6/8/98	8/12/98

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Colorado Communiqué

Publication of Child Nutrition Unit September/October 1998

An "UnReasonable Approach?"

And you thought the other four options were confusing! The "Any Reasonable Approach" regulation has finally been issued as a proposed regulation and can be found in its entirety, in the Federal Register: **http://www.access.gpo.gov/su_docs/fedreg/a980515c.html**. Its official title is *Additional Menu Planning Alternatives (AMPA)*. A 180-day comment period is in effect and any comment must be postmarked by November 12, 1998; final approval is not expected before the 1999-2000 school year. Comments can be sent to: Robert Eadie, Chief, Policy and Program Development Branch, Child Nutrition Division, Food and Nutrition Service, USDA, 3101 Park Center Drive, Alexandria, Virginia 22302 or via the Internet to: CNDProposal@FCS.USDA.GOV. The United States Department of Agriculture expects two distinct classes of proposed alternative approaches to emerge.

1. Proposed alternatives consisting of minor modifications to one of the four existing menu planning systems.

1) Weekly meat/meat alternate quantity standard: Some food service directors have indicated that it is not always practical to offer the full daily minimum portion of the meat/meat alternate component required for the NSLP under the food-based menu planning alternatives, for example, a serving of less than the required four tablespoons of peanut butter. It is proposed that the quantity of meat/meat alternate can be varied on a daily basis (no less than 1 ounce), as long a the full 10 ounces is available over a five day week.

2) Flexible Age-Grade Groupings for Food-based Alternatives. It is proposed that schools using the enhanced food-based menu planning option will be permitted to plan menus using the minimum quantity requirements applicable to the majority of children, provided that no more than one age or grade falls outside the requirements for the majority of children. This option will generally be applicable to schools using the enhanced food-based alternative since it is not needed for the traditional food-based menu planning alternative; the broader range of the groups and the ability of the schools to use the portion sizes for the grades 4-12, makes this less of an issue for traditional food-based menu planning.

2. Unique proposals that depart significantly from existing systems.

If there are major changes to one of the existing menu planning systems by the school food authority (SFA), these changes would be subject to State Agency (SA) review . With any alternative approach developed by either the SA or SFA, certain guidelines must be followed.

1. Fluid milk must be offered for both school lunch and breakfast
2. Offer Versus serve must be included for senior high school students.
3. One-third of the RDA must be met at lunch and one-fourth of the RDA must be met at breakfast.
4. Foods of minimal nutritional value are prohibited from being sold in the cafeteria during meal service.
5. The minimum quantities established to credit food items as components under the food-based menu planning systems must be adhered to in any food-based menu planning alternate approach.

Alternate approaches must detail what constitutes a reimbursable meal, including the number and type of items (and if applicable, the quantities of each item), and how a reimbursable meal is to be identified at the point of service by the children, cashiers and any reviewers. Alternate approaches must also include either an explanation of how the alternate approach could be monitored within the existing criteria, or a comprehensive nutrition monitoring plan that the SA could follow.

Inside

NETPRO Classes ....
Subsidized Adoption ...
Food Alert .....
National School Lunch Week .....
Sugar: An unfair rap? ...
Coordinated School Health .....
Team Nutrtion .....
Sanitation .....
F& R regulations .....
Children with Special Needs .....

New NETPRO Classes

Look for an updated NETPRO brochure in mid-October. CDE will be mailing one to each Child Nutrition Director/Manager in each district. The new classes that will be offered in **1999** are shown below.

Target Your Market – the Manager's module

Specifically designed for on-site managers, this four-hour workshop will assist you in developing new point-of-sale skills, effectively communicating ideas and promoting new marketing concepts.

Healthy EDGE 2000

This ten-hour workshop helps food service professionals effectively handle challenges and take advantage of new opportunities.The course satisfies the latest program requirements for ASFSA Certification, as well as USDA's *School Meal Initiative for Healthy Children.* Healthy EDGE 2000 focuses on nutrition education and assists all school food service professionals in offering healthy, appealing meals that satisfy children's dietary needs.

Now You're Cooking!

A dynamic, hands-on, seven-hour workshop that was created specifically for kitchen/production staff and managers. The program is designed to teach creative new approaches to recipe modification and menu "thinning" using a variety of methods including USDA commodities. Participants will gain the skills and tools necessary to put these techniques into action in their school kitchens.

National School Lunch Week

Remember to celebrate National School Lunch Week, October 12-16, 1998. There will not be any additional promotional materials provided to school districts, as a booklet entitled *Classroom Connection Promotions* was sent to Food Service Directors and Managers in June. Contained in this booklet are promotions that can be used for National School Lunch Week, as well as Colorado Child Nutrition Week and National Nutrition Month. If you have not had the opportunity to do so, look through the *Classroom Connection Promotions* booklet and order your nutrition education information early.

Subsidized Adoption

The term"adoption" in the context of "subsidized adoption" usually means that certain adults in the household have been given legal custody or responsibility for the child who is being adopted. In making eligibility determinations in this case, the child should be considered as an additional member of the household, and the income for the child's needs counted in the household's total income.

However, there have been some instances in which the term "subsidized adoption" has been used to refer to a legal arrangement in which the child in question is not considered to be in the custody of any household adult, but is under the legal guardianship of the court. In this case, the legal custody arrangements are essentially the same as for a foster child.

Lets Make It Perfectly Clear

It is not O.K. to serve juice instead of milk. Both can be served, and the student can choose either the juice, milk or **both**. The National School Lunch Act requires that fluid milk must be offered to students at breakfast and lunch (see page 3-17 in the *Healthy School Meals Training Manual*). Whether it be under NuMenus, or the food-based options, schools are required to offer a variety of fluid milk consistent with children's preferences in the prior year. If the type of milk represents less than one percent of the total amount of milk consumed in the previous year, the school may

FOOD ALERT!

As a precautionary measure, a hold has been placed on all ground beef and pork originating at the **Bauer Meat** Company, Ocala, Florida, including ground meat sent to processors under State Processing Contracts (whole-muscle meats such as beef roast are excluded from the hold). Due to product mislabeling by the company, USDA has withheld the mark of inspection at this plant, effectively preventing the production of any new product as well as retaining all products currently at the plant. Please direct questions to Stephanie Wagg, Food Distribution Programs.

TEAM Nutrition

YourSELF is one of the first Federal information efforts on nutrition and physical activity that speaks directly to adolescents. The Kit contains materials for health education, home economics or family living classes. It is geared towards 7th and 8th grade students and provides them with information on how to make smart choices about eating and physical activity. The materials show respect for the adolescents' power of choice, and their increasing control over their own health.The Kit will be arriving in middle schools in August 1998, and will contain:

- *yourSELF* magazine (30 copies)
- Teacher's guide
- Duplication masters of student workbook and additional materials
- Video
- Poster - Power of Choice (to be posted in the cafeteria)
- Ideas for linking cafeteria and classroom

The kit is being sent directly to the food service manager at each middle school. A letter describing the kit and its contents will be sent to the school principal. USDA is asking that middle school managers ensure that the kit gets to the teacher in the school who can incorporate the information in their curriculum.

If the district has a middle school that is new within the past two years, there's a possibility that they may not receive a kit. If this is the case, please contact Judy Schure at the Colorado Department of Education at (303) 866-6654; a limited number of additional kits have been ordered to address this problem.

• • • • • • • • • • • • •

We don't need no stinking germs!

"Keep It Clean - The First Step to Food Safety" is this year's theme for National Food Safety Education Month™ (NFSEM), which will be held in September. Cleanliness has been found to be a significant factor in foodborne disease prevention. NFSEM was launched by the restaurant and food service industry in 1995. Now in its fourth year, it has become a major food safety education focus for government and consumer organizations, as well as industry. President Clinton's National Food Safety Initiative also recognizes and encourages observance of NFSEM.

"Wash hands, utensils and kitchen surfaces often to prevent foodborne illness" is the message promoted for National Food Safety Month. This is an excellent time to focus your efforts on educating students, teachers and other school personnel on the importance of food safety.

Encourage local elementary schools to hold a food safety/handwashing day featuring stories for children about the importance of cleanliness/handwashing. Refer them to the WEB site, **http://www.foodsafety.gov/~dms/cbook.html** which has a coloring book and cartoon featuring the USDA *Fight BAC* character. You may also want to go to this WEB site and make copies of pages from the coloring book and cartoon to post in the cafeteria during September.

Free and Reduced Price Regulation Update

There have been many inquiries regarding the free and reduced regulations as it pertains to the first 30 operating days of the new school year. Last year it was stated that the students receiving free meals as a result of direct certification, did not have the 30 day "grace period." This meant that the students who were no longer on the direct certification list, either had to pay full price for their meals until a new application was approved, or have the application approved before the beginning of the school year. This caused problems for many of the districts, and subsequently, the question was again brought before USDA and a revised answer was given. The following questions and answers should clear up the confusion, and Dan McMillan has sent a memo to food service directors and superintendents addressing these issues.

1. *Is there a requirement for an SFA to follow the ten-day adverse action procedure when a child will no longer be served free or reduced price meals after the 30 operating days are up?*

A district may use the student's prior year's eligibility for up to 30 operating (serving) days into the current school year. If a new application has not been received and processed by the end of the 30th day, or if the student does not appear on the district's Direct Certfication list for the current year, they must be returned to "paid" status on the 31st operating day of the school year.

2. *If a family still hasn't submitted an application by day 31, must they be dropped from the eligibility list?*

As of day 31, if their eligibility based on the previous year's documentation has expired, and their eligibility for the new year has not been established, then the student(s) must pay full price for their meals.

3. *If a family receiving meals based on a prior year's eligibility submits an application on day 28, but the SFA can't process it by day 31, must they be dropped until the application has been approved?*

Response: Yes, they must be dropped. See explanation for #2, above.

4. *Are students from the previous year's direct certification list allowed to receive free meals the first 30 operating days of the new school year*

Yes. Children whose eligibility in the previous year was established through direct certification may be served and claimed in the free category for up to 30 operating days in the new school year. But, if a new application is received before the end of the 30 days, and it indicates a change of status, the student's eligibility is no longer based upon the prior years status, but on the information contained in the new application.

5. *If a student was receiving free or reduced price meals in a different district, can their previous year's eligibility be extended for the first 30 operating days of the school year.*

A student's previous eligibility status can only be extended if the school receives a copy of the previous year's application from the district where the student attended school. Otherwise the student must pay for meals until the application has been approved. **Meals cannot be claimed retroactively for new students.**

6. *May an SFA send families affected by the 30-day limit an advance warning notice that they are about to be dropped unless an application is submitted and approved by day 31?*

Yes. An advance warning could minimize the number of families who are not aware that their eligibility status is changing.

Coordinated School Health

If you're feeling like one of the few people in Colorado who's thinking about children's health, take heart! There are many others who recognize the important role of nutrition and health in students ability to do well in school.

Colorado Connection for Healthy Kids (CCHK) is a coalition of state-level organizations trying to get school and district people to talk to each other about health! CCHK would like to see health (and nutrition) recognized as a key to academic achievement and be taught regularly and effectively in Colorado schools.

The concept is called "Coordinated School Health", in which 'Nutrition Services' are recognized as an essential part of a successful school health program. Judy Schure and Heather Mixon represent the CDE Nutrition Unit on CCHK, and several members of CSFSA ensure that the local school nutrition services perspective is understood and respected at the state level.

Nutrition Services is only one of the eight 'components' of Coordinated School Health. Others include 'Comprehensive Health Education', 'Physical Education', 'School Health Services', 'Counseling, Psychological, and Social Services', 'Healthy School Environment', 'Health Promotion for Staff', and 'Parent and Community Involvement.' Each component has an important role, but as a coordinated network, these individuals can create a synergy to ensure that kids learn the skills that will allow them to make good decisions about their health throughout their lives.

You'll probably be hearing more about Coordinated School Health in the coming months and years. If your school or district has a health advisory council or body that makes decisions about student and staff health issues, get involved! Judy and Heather will help you make a contribution about the important role that school nutrition services play in student health and achievement. Just give us a call, (303) 866-6661.

Is Sugar Receiving an Unfair Rap?

Hyperactivity is a learning disability that affects about 5% of young children, and can potentially lead to academic and major behavior problems. Despite the lack of scientific evidence, one of the more popular and persistent beliefs held by many parents and teachers is that consumption of sugar and/or chemical additives by children leads to hyperactivity and other behavioral problems. This perception is not validated by scientific studies. Two well-conducted studies by the New England Journal of Medicine and the Journal of Abnormal Child Psychology, provide evidence that neither sugar or aspartame causes hyperactivity in children. Similarly, there is no indication that sugar or aspartame adversely affects the behavior of children with attention deficit disorder.

It is possible that some children may be sensitive to sugar and/or aspartame, but it is a very small number. It has been found that children become more agitated during special events such as a party, but it is due primarily to the atmosphere and not to the sugar containing treats. Children should not eat a lot of sweets anyway, because sweets are generally empty calories that fill a child up, leaving no room for more nutritious calories. Foods containing mostly simple sugars should be minimized, but the occasional sweet treat does not contribute to hyperactivity. The sugar in chocolate milk has also been accused of causing children to be "hyper" but evidence does not support this view. Foods rich in complex carbohydrates typically contain more nutrients and fiber than sugary foods. With a diet high in fiber, digestion can be slowed, helping to aid blood sugar control.

Summer Food Service Program – Up-Date

The 1998 Summer Food Service Program (SFSP) is winding down. To date, we have served over 426,000 meals with several claims yet to be turned in.

SFSP sponsoring organizations are bouncing back from the effects of the Welfare Reform Act of 1996 by increasing their presence through advertisement, customer service and utilizing current food trends for children. Despite the SFSP sponsoring organization efforts, the total number of children meals may be lower than last year. This may be due to the number of sponsoring organizations and the number of sites dropped since last year.

With changes in legislation, we hope more school districts will become SFSP sponsoring organization. Recent legislative changes include: 1) districts having the option of signing a permanent agreement; and 2) eliminating the application process. Proposed legislation that may help all sponsoring organizations includes increasing the administration rate, combining operational and administrative rates, national advertisement and reduced paperwork. A national conference in November will allow us to get a clear picture regarding these proposed changes.

For those who are SFSP sponsoring organizations, thank you for your participation and your hard work. For those who are not SFSP sponsoring organizations, please look into becoming a sponsor.

I will contact all eligible sponsors in January for the 1999 Summer Food Service Program. Have a great school year.

Olestra, the Fat-Free Fat

Most people have heard of Olestra, but are not really sure of its benefits and limitatons. It has been approved by the Food and Drug Administration in products such as potato chips, corn chips and crackers. Olestra is made from table sugar and soybean or cottonseed oil. Olestra is a zero-calorie, zero-fat cooking oil that is similar to fat in its looks, taste, and cooking characteristics. Olestra is too large to be broken down by intestinal enzymes, and therefore, cannot be absorbed by the body. Since Olestra is not absorbed, it does not contribute any calories from fat.

Potato chips are a food prepared with Olestra. A one-ounce bag of potato chips prepared with Olestra contains 0 grams of fat and 70 calories. Whereas, a regular, one-ounce bag of potato chips contains 10 grams of fat and 150 calories. There have been concerns as to the effect Olestra may have on the absorption of nutrients and some of these concerns have been validated. Clinical studies have shown that Olestra has the potential to reduce the absorption of fat soluble vitamins, A,D,E, and K and carotenoids if eaten near the same time as Olestra. In order to minimize the effect of Olestra on fat-soluble vitamins, the FDA has required the addition of fat-soluble vitamins to products prepared with Olestra. There was also concern expressed about the effects of Olestra on the digestive system. Studies showed that while some individuals experience gastrointestinal distress, most people are not adversely affected. Remember, as with anything, moderation is the key.

Adapted from the Facts about Olestra, located on the American School Food Service Association web page.

1998 State Louise Sublett Winner

Ms. Brenda Loghry, a nutritition assistant at Hanson Elementary School in Adams County School District 14, has been honored as the recipient of the Louise Sublette award for the fourth time. She has been a Regional winner once and contends she will not stop until she achieves the award as the National winner. Brenda's entry was based on the bilingual nutirition education that she provided for Spanish speaking students in Hanson Elementary. Brenda enrolled in two Spanish language classes so that she could communicate with the Spanish-speaking students in her nutrition classes. Her commitment to the Child Nutrition programs is certainly worthy of notoriety and praise. Congratulations Brenda!

Try These Tips

- To get refried beans, peanut butter, and cheese sauce out of the can easier, send the UNOPENED can through the dishwasher before opening.
- Use applesauce instead of butter to spread on cinnamon rolls. It tastes the same
- For breakfast cinnamon rolls, prepare cinnamon rolls and cut, but do not bake; place in freezer until needed. The day before they are to be used, take out of freezer and place in cooler. On the morning to be served, take out of cooler and place in warmer until they double in size (about 15 minutes). Bake, glaze and serve.
- When making instant potatoes, use hot tap water. Then put the panned potatoes through the steamer and get them very hot; this eliminates boiling the water first.

Taken from New Southwest, August 1998

Children with Special Needs

A recent conference on Feeding Children with Special Needs, emphasized how important it is to provide meals to children with disabilities.Children with chewing and swallowing difficulties may need the physical characteristics of their foods changed in order to accommodate their disability. In many schools, the special education department prepares the food to the appropriate texture and consistency. Although this may be convenient for the food service department, is it really what is best for the child?

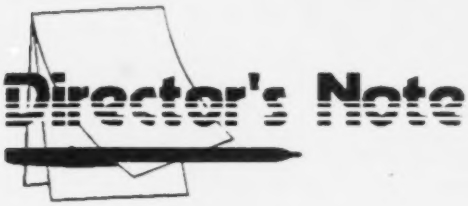
Section 15b.26(d) of the Federal Regulations does **require** schools and institutions to serve meals to disabled children whose handicap restricts their diet in such a way that they cannot fully participate in the food service programs without some modification to foods or menus. In order to provide this service, the school must have a medical statement from an osteopathic or medical physican that:

1) verifies special meals are needed because of their handicap

2) prescribes the alternate foods and forms of foods needed to meet the child's special dietary needs

There is confusion as to which children are provided modified meals, and does it include children with allergies, food intolerance, and obese children? The definition of handicapped person is interpreted to mean that if a child's condition substantially limits one or more major life activities, then the school must provide the meal. In a child with food intolerances, such as lactose intolerance, **the school is not required to provide a substitution.** A book entitled "Accommodating Children with Special Dietary Needs in the School Nutrition Programs (it's free for the asking) is an excellent resource and can help answer many questions. You can also contact Kay Nash at (303) 866-6653 for assistance with Special Needs questions.

In this issue of the *Colorado Communiqué*, a Medical Statement is provided for your use. If you are requested to provide a meal for a special needs child that requires dietary modifications, this Statement must be on file in order to protect you from liability issues.



Mark that ballot . . .

It's an election year again. Study the candidates and their political records very carefully. Are they in support of education, children and Child Nutrition? Beware, some of the more unscrupulous individuals will look you straight in the eyes and promise their support, then turn right around and vote in favor of legislation that is not "child friendly." Child Nutrition programs are popular. They are politically correct: they are a key element for helping education succeed. You, the Child Nutrition professional are in the driver's seat, and you know how to vote. You are also an advocate for children, and can help to persuade friends and family on how they should vote. The worst possible thing you could do for Child Nutrition would be to do nothing. Don't let that possibility weigh on you conscience! Vote smart! Vote right! Vote early! (and vote often!?)

Meanwhile, back in good ol' DC . . .

Child Nutrition program reauthorization, necessary to keep us funded through the year 2002-2003, continues its slow trek through Congress. Some of the "good news" type of proposed changes includes pilot programs to test universal free breakfast at the elementary level, and a greatly expanded availability of reimbursement for snacks served in after school programs. As of this writing, the legislation has passed the House and Senate. A conference committee will now work out any differences, and we should know what the final legislation would bring us by late September or early October.

Less paper . . .

The Automated Data Exchange Project (ADEP) at CDE has eliminated the need for districts to submit their financial data on the Child Nutrition Programs Operating Report (otherwise known as the Dreaded CDE Form 5). The data are now being submitted electronically with all of the other financial data from each district. This should lead to more consistency and accuracy in the data that are being reported. Next up on our wish list: electronic claims submission. Stay tuned!

Dan

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Newsletter Information

For more information on any of the articles in this newsletter, contact:

Kay Nash, Editor
(303) 866-6653

Medical Statement for Children Requiring Special Meals

Name of Student:	School District:
Birth date:	School Attended:
Parent name:	Telephone:
Telephone:	

For Physician's Use

Identify and describe disability, or medical condition, including allergies that requires the student to have a special diet. Describe the major life activities affected by the student's disability (see back of form).

_____

_____

_____

Diet Prescription (check all that apply):

❑ Diabetic (include calorie level or attach meal plan) ❑ Modified Texture and/or Liquids

❑ Reduced Calorie ❑ Food Allergy (describe): _____

❑ Increased Calorie ❑ Other (describe): _____

Food Omitted and Substitutions:

Use space to list specific food(s) to be omitted and food (s) that may be substituted. You may attach an additional sheet if necessary.

OMITTED FOODS	SUBSTITUTIONS

Indicate Texture (see attached sheet for additional information):

❑ Regular ❑ Chopped ❑ Ground ❑ Pureed

Indicate thickness of liquids:

❑ Regular ❑ Nectar ❑ Honey ❑ Pudding

❑ **Special Feeding Equipment** _____

Additional comments: _____

I certify that the above named student needs special school meals as described above, due to the student's disability or chronic medical condition.

Physician's Signature	**Telephone Number**	**Date**
Signature of Preparer or Other Contact	**Telephone Number**	**Date**

I hereby give my permission for the school staff to follow the above stated nutrition plan.

Parent/Guardian **Date**

CDE Nutrition Unit Revised 6/97

7CFR PART 15b

"Handicapped person" means any person who has a physical or mental impairment which substantially limits one or more major life activities, has a record of such an impairment, or is regarded as having such an impairment.

"Physical or mental impairment" means (1) any physiological disorder or condition, cosmetic disfigurement, or anatomical loss affecting one or more of the following body systems:

Neurological, musculoskeletal, special sense organs, respiratory, including speech organs, cardiovascular, reproductive, digestive, genitourinary, hemic and lymphatic skin, and endocrine or (2) any mental or psychological disorder, such as mental retardation, organic brain syndrome, emotional or mental illness, and specific learning disabilities. The term "physical or mental impairment' includes, but is not limited to, such diseases and conditions as orthopedic, visual, speech, and hearing impairments; cerebral palsy, epilepsy, muscular dystrophy, multiple sclerosis, cancer, heart disease, diabetes, mental retardation, emotional illness, drug addiction, and alcoholism.

"Major life activities" means functions such as caring for one's self, performing manual tasks, walking, seeing, hearing, speaking, breathing, learning, and working.

Colorado Communiqué

Publication of Child Nutrition Unit — November/December 1998

WHAT IS THE REAL COST OF THE BOTTOM LINE?

A report entitled "Liquid Candy," was recently released by the *Center for Science in the Public Interest* (CPSI). The report focuses on the impact of the large amount of carbonated soft drinks consumed by teenagers and can be accessed on the Internet: **http://www.cspinet.org/sodapop/liquid_candy.htm.** The nutritional and health implications of replacing nutrient dense food with beverages that only supply a source of sugar are also discussed.

> Teenage boys and girls drink twice as much soda pop as milk, whereas 20 years ago they drank nearly twice as much milk as soda. Overall, Americans are consuming twice as much soda pop as they did 25 years ago, at a cost of $54 billion—twice as much as what we spend on books.

Carbonated soft drinks account for more than 27 percent of Americans' beverage consumption; this is equivalent to more than 576 twelve-ounce servings per year or 1.6 twelve-ounce cans per day for every man, woman, and child.[1] This large increase is attributed, in part, to the enormous amount of advertising done by the soft drink companies, in addition to the increased container size. The size has increased from six and one-half ounces in the 1950's to the 20 ounce bottle being sold today. To add fuel to the fire, some convenience stores sell soft drinks in 64-ounce size and many fast food restaurants offer free refills–a big draw for kids.

In order to ensure a market for their product, soft drink companies need to make sure their products are easily accessible. A recent trend by soft drink companies is to offer lucrative contracts to school districts and other organizations such as the Boys & Girls Club, in exchange for brand loyalty. Several school districts in Colorado have entered into exclusive agreements with various soft drink companies and have been accused of "selling out" to the soft drink corporations. Schools insist that the reason they accept contracts with the various soft drink companies is to provided funds for various programs within their schools. If this is truly the case, then taxpayers need to provide school systems with adequate financial support in order to discourage school districts from being involved in this practice.

In the study conducted by CPSI, the most avid consumers of all are 12-to 19-year-old males. Among boys 12-19, those that drink soda pop consume almost two and one-half 12-ounce sodas a day.[1] Teenage girls drink approximately 1.7 sodas per day, but one out of ten drinks five cans or more. This is especially concerning, since teenage girls are especially vulnerable to low calcium intake.

[1]*Jacobson, Michael. (1998) Liquid Candy, How Soft drinks are Harming Americans' Health, CSPI.*

continued on page 3

Inside

Proposed Changes . . .
Handbook of Steam Equipment . . . . . .
School Breakfast Program . . . . . .
Summer Program . . . .
1% or Less School Kit Certification . . . . . .
Competitive Food Exemptions . . . . . .

Menu Planner

Are you ready for assistance with menu planning that has a minimum of "governmentese?" Then take a look at the *Menu Planner for Healthy School Meals*. A copy of this was sent to each district, and it explains regulations in terms that everyone can understand. In order for **each** school to receive a copy, fill in the order form included with the district's copy and send before February 1, 1999.

Don't let this great resource go unopened. It includes chapters on the dietary guidelines, menu planning options, and practical techniques for healthy food preparation. It also has an interesting section on how to establish a cafeteria-classroom connection.

It doesn't mean me

Having standardized recipes means **everyone**. It is required that each school district participating in the National School Lunch and Breakfast programs have complete, standardized recipes; they were to be completed by July 1, 1997. The time to start standardizing the recipes is not when you get a call from the CDE Nutrition Unit announcing they will be reviewing your program. As part of the steps to meet the requirements of the School Meals Initiative, school districts were offered training and assistance on how to standardize recipes.

Requiring standardized recipes was not instituted to make the districts do one more thing. It actually helps the food service staff to be more efficient and have more consistency in meal preparation. Standardized recipes are also essential for the Nutrition Unit when they are doing a nutrient analysis of your menu.

If you are unclear about what constitutes a standardized recipe, then call our office and we will send you information, or use the USDA recipes as an example. Standardized recipes are time consuming to do, so start now and you will not be frantically trying to complete them before we arrive at your district.

Changes in Child Nutrition Programs

Every five years, specific Federal programs undergo reauthorization. Although the National School Lunch and School Breakfast Programs do not actually undergo reauthorization since they are permanent entitlement programs, this time is frequently used as an opportunity to amend or improve the programs. The House of Representatives passed H.R. 3874 and the Senate passed S.2286 to amend the National School Lunch Act and the Child Nutrition Act of 1966. President Clinton signed P.L. 105-336 on October 31, 1998.

In order to pay for the new initiatives, the current proposal is to use monies that will be saved from rounding down federal reimbursement rates for free and reduced price meals to the nearest lower cent increment, e.g., $1.9625 to $1.96. This rounding down is proposed to generate $36 million per year.

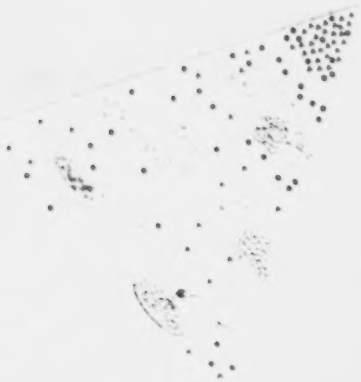
Highlights include:

- Provides an option for states in which a single agency administers all programs to allow a single State agency–school food authority (SFA) agreement and a common claiming procedure.
- Provides grants to states to help meet the special dietary needs of children with disabilities.
- Provides snacks under NSLP for children through age 18, in areas that are not high risk using free and reduced applications and charging students accordingly.
- Allows after school snacks to be claimed free under NSLP for children up through age 18 in after school programs with an educational or enrichment purpose program in at-risk areas.
- Encourages schools to provide an adequate mealtime and a pleasant environment for children participating in school meal programs.

These changes require an implementing policy from USDA. We will let you know how, and when, these changes will be implemented.

continued from page 1

Health Impact of Soft Drinks



The obesity rate in teenage boys has risen from 7% to 15%, in teenage girls from 4% to 13%, and in adults from 25% to 35%. Many factors contribute to obesity—lack of exercise, excess calorie intake and genetics. Soft drinks do add many non-nutritious calories, and a recent study showed that soda pop provided 10.3% of the calories consumed by overweight boys, but only 7.6% of the calories consumed by other boys. Although the results are not conclusive, the results do indicate that heavy consumption of sugary soft drinks can contribute to weight gain in some individuals.

People who drink soft drinks instead of milk or other dairy products are more likely to have lower calcium intakes. Low calcium intake is a contributory factor in osteoporosis, and the risk of this disease depends on how much bone mass is built early in life. Girls build 92% of their bone mass by age 18, but if they do not consume enough calcium in their teenage years they cannot "catch up" later. Currently, teenage girls are consuming only 60% of the recommended amount and those who consume soft drinks, get almost one-fifth less calcium than nonconsumers.

Improving the quality of students' dietary intake in the school setting is a health objective for ***Healthy People 2010.*** Students' food choices are influenced by the total eating environment created by schools. This includes the types of foods available throughout the school, as well as the nutrition education provided in the classroom, point-of-choice information in the cafeteria and the school environment. For many children, meals and snacks consumed at school make a major contribution to their total day's intake of food and nutrients. By working with children, their families and other school employees, school nutrition and food services can establish an eating environment that supports good, overall dietary intake. Improving the nutrient intake of children can make an important contribution to learning readiness, short and long-term disease prevention, and health promotion.

One suggestion is that **schools should consider adopting a coordinated school nutrition policy** to promote healthy eating through classroom lessons and a supportive school environment. A publication entitled, *Guidelines for School Health Programs to Promote Lifelong Healthy Eating*, was developed by the Centers for Disease Control and Prevention. It provides very good information on how to establish a coordinated school policy, and is available from the Nutrition Unit, or it can be accessed on the Internet: http://www.cdc.gov/nccdphp/dash. (Click on "Strategies" and then select "School Health Program Guidelines.") A policy would address nutrition education classes, food sold in vending machines, at school stores, snack bars, sporting events, and special activities such as part of fundraising activities, and school lunch and breakfast. The school environment can powerfully influence students' attitudes, preferences, and behaviors related to food.

The high consumption of soft-drinks is only one indicator of how the practicing of good lifestyle habits has declined. At the same time that physical education programs are being cut in schools, the obesity rate is rising. It is time to make changes now and it will require a team effort. The bottom line may look like it is in the **black**, as school revenue is supplemented by funds from soft drink manufacturers. But the real cost of not promoting lifelong healthy eating habits can put children at risk for future health problems, and ultimately, high health care costs—an outcome that turns the bottom line **red**.

Contributed by Kay Nash, Editor

Handbook of Steam Equipment

For centuries, man has used steam to cook food. Chinese bamboo steamers as well as food wrapped in water-soaked leaves represent the earliest attempts to harness the energy and heat potential contained in water molecules in their gaseous state. Many school food services kitchens make use of steam when preparing foods. Steam can be produced by several methods. Various sizes and types of steam cookers require varying volumes of steam to cook properly. Jacketed kettles, combination oven/steamers, and tilting braising pans are pieces of steam equipment that are common in many school kitchens.

The *Handbook of Steam Equipment* discusses, in detail, how each type of steam cooking appliance makes the most of steam efficiency. Charts are provided on recommended sizes of equipment, based on the menu and the number of meals prepared each day. Information is provided on estimated cooking time for different kinds and sizes of batches of foods using various pieces of steam equipment. The handbook is a good resource to review if you are considering updating or replacing some of the equipment in your school kitchen.

Equipment Efficiency for Healthy School Meals

The menu drives the equipment needs for a school kitchen and the serving area. The video and handouts from the National Food Service Management Institute program, *Equipment Efficiency for Healthy School Meals*, provides information about the use and misuse of kitchen equipment in school kitchens and cafeterias. Participants viewing the sixty-minute video and handouts accompanying this program will:

- Observe methods for maximizing use of existing equipment.
- Review plans for selection and purchase of equipment.
- Explore new equipment options.

Handouts included in this program provide useful information. A kitchen equipment record form allows for the description of the equipment, a plan for replacement, and record of repairs and preventive maintenance. Suggested equipment for conventional kitchens is given in a one-page chart. Future trends to consider when planning a new building, a renovation or the purchase of replacement equipment are summarized.

The *Handbook of Steam Equipment* and *Equipment Efficiency for Healthy School Meals* are both available for loan from the CDE Nutrition Unit: call 1-888-245-6092 or (303) 866-6661 if you would like to check out either of these resources.

Contributed by Judy Schure, NET Coordinator

Don't Forget!

Nutrition Unit Web templates are available in a one or two page format. It is acceptable to use any of the clipart on your own menu templates if you choose not to use the Nutrition Unit's calendar.

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Colorado School Breakfast Program

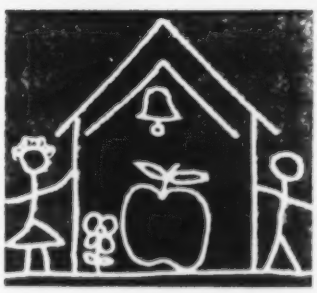
The Food Research and Action Council (FRAC) has released its 1998 School Breakfast Score Card. Colorado currently has 773 schools participating in the School Breakfast Program. An impressive number, but that's only half the schools that offer school lunch. And, student participation in the breakfast programs can always be improved. If you have a breakfast program, but the kids just aren't lining up, try these tips from FRAC.

Action Steps for Expanding School Breakfast

It pays to advertise. Having a great program means little if no one comes—market and promote your program.

Outreach, outreach, outreach. You can't reach out too much to make sure that parents and children know the program is there for everyone. Create and distribute fact sheets on the importance of breakfast to learning, academic performance, health, and behavior.

Identify and help resolve any problems that may arise. Check with the food services department about joining a Community Advisory Committee to educate and secure support from parents, teachers, media, and other areas of the community.

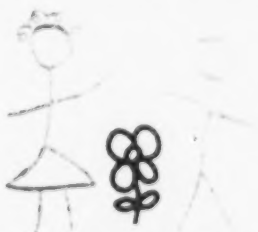


Explore promotion ideas for varying age groups:

- Offer breakfast in a bag for children arriving late, going on a morning trip or wanting to socialize with their friends.
- Set up breakfast carts to make the meal more convenient.
- Sponsor a breakfast poster/rap/button/other contest.
- Encourage school clubs to meet at breakfast time.
- Try taste-testing–it gets students involved!

Make breakfast part of the educational day. Collaborate with geography teachers on foods from around the world; with the science teacher on food and growth, health and learning; with the art teacher on a poster contest; with the music teacher on a theme (or a 5-A-Day) song; with other departments, including Drama, English, and Physical Education. If your school has a Coordinated School Health committee, this is an excellent forum for your involvement.

Action Steps for Beginning a School Breakfast Program:



- **Form a committee** to strengthen your efforts.
- **Develop a plan** to share the work.
- **Conduct a needs assessment** to build support and gain direction.
- **Approach key officials**, especially school board members, the principal, and the school foodservice director to assess their support and concerns, and to alert them of your interest in school breakfast.
- **Contact the media** to educate them and interest them in covering the issue.

Source: School Breakfast Score Card: 1998. FRAC's Annual Status Report on the School Breakfast Program.

Contributed by Heather Mixon, School Breakfast Coordinator

1998 Summer Food Service Program Final Results

The 1998 Summer Food Service Program (SFSP) has come to a close. The final results are as follows:

Year	No. Sponsors	No. Sites	No. Meals Served
1998	48	169	772,000*
1997	52	189	799,000

*768,00 actual meals + 4,000 estimated from 2 claims outstanding.

As you can see, we lost four sponsors from 1997, however, three of the lost sponsors and their sites were taken over by other sponsoring organizations. One sponsoring organization drastically cut the number of sites to ensure their program would remain viable. Factors that resulted in a decrease in the number of meals served were: 1) the reduction in the number of sites and; 2) the number of serving days.

On the positive side, the majority of the sponsoring organizations did increase the number of meals served. Additionally, some sponsoring organizations enjoyed the absence of a review and the reduction in time it took to fill out the application. I am looking forward to reducing paperwork for the 1999 SFSP through new policies and regulations.

Coming up in the next *Colorado Communiqué* will be a listing of districts with schools that automatically qualify as an open site by applications, as well as counties and areas that qualify as an open site under census track data. For districts that do not participate in the SFSP, I hope you will look into starting a program. I look forward to working with our current sponsoring organizations and welcome new sponsoring organizations for the 1999 SFSP. Current sponsoring organizations: **it is never too early to advertise the SFSP for this coming year**. Get them thinking about summer early!

Contributed by Dave Clay, Summer Program Coordinator

Market Your Menu Changes

Healthy eating habits in childhood and adolescence promote optimal child health and help prevent both immediate and long-term health problems. Milk can make a significant contribution to the nutrient content of meals at home and school. It is not only important to offer 1% and/or fat-free milk in schools, but to conduct educational programs or promotional activities to encourage students to choose lower fat milk at school and at home.

Under Secretary of Agriculture Shirley Watkins and William Dietz, Director of the Division Nutrition and Physical Activity for the Department of Health and Human Services, encourage all schools to offer 1% or fat-free milk as an easy way to cut total and saturated fat from childrens' diets. Skim or 1% milk can be offered to meet the low fat milk requirement in the school meals programs.

Materials in the *1% Or Less School Kit* can help school food service personnel, teachers and health educators motivate school children and their families to choose 1% or fat-free milk. The materials were developed by the Center for Science in the Public Interest (CSPI). The kit provides a variety of materials to choose from such as fact sheets, classroom activity sheets, and handouts for students and parents.

The *1% Or Less School Kit* (specify primary or secondary school level) is available for $10 each ($15 for both) from CSPI, write: 1% Or Less; 1875 Connecticut Avenue NW; Suite 300; Washington, D.C. 20009-5728, or call: (202) 332-9110, ext. 352.

Take A Fresh Look At Nutrition—National Nutrition Month Theme

The March, 1999 National Nutrition Month theme and promotional materials are available from the American Dietetic Association. Materials available include: poster, classroom kit, youth and adult size T-shirts, balloons, stickers for kids, and reproducible masters.

Contact the American Dietetic Association at 1-800-877-1600 ext. 5000 or at www.eatright.org to obtain a copy of an order form.

Certification — The Key to Excellence in School Foodservice

A key purpose of the American School Food Service Association (ASFSA) is to develop and encourage the highest standards in school foodservice and nutrition programs. Providing educational opportunities to ensure the professional development of its members is another.

The purpose of certifying school foodservice and nutrition personnel is three-fold:

- gives recognition to school foodservice and nutrition personnel at all organizational levels for having achieved a specific level of professional development
- provides a program for professional advancement
- establishes standards of job performance that provide for professional credibility

The certification criteria include both initial and continuing education requirements. Initial requirements for certification include academic education (less than high school diploma or GED, high school diploma/GED, or post-secondary), specialized training (minimum of 30 hours–10 each of nutrition, sanitation, and food preparation),and work experience (minimum 1 year).

ASFSA's certification program is open to all qualified individuals and is voluntary. Each school foodservice and nutrition employee must decide for him or herself whether to seek certification, but all personnel are encouraged to consider the benefits and to take the necessary steps to meet the standards.

For more information on ASFSA's certification program, call **Nancy O'Dell, (303) 341-1053**.

Exemptions Under Competitive Foods

There have been several additions to the list of exemptions under the Competitive Foods Regulation. These exemptions mean that the products are no longer considered foods of minimal nutritional value (FMNV); therefore, they can be sold during the meal period in a school service area. This does not mean that these products are approved or endorsed by the Food and Nutrition Service. Nor does an exemption indicate that these products have significant nutritional value.

BRACH & BROCK: Hi-C® Fruit Snack

EASTSIDE BEVERAGE COMPANY:

Sparkling Spring Water Fruit Beverage: Orange Passion Fruit, Red Raspberry, Strawberry Kiwi, Wild Blackberry, and Pink Grapefruit Refreshers.

For a complete list of exemptions under the competitive food regulations, contact the Nutrition Unit. Or, if you have questions regarding this issue, please call the FMNV guru, Kay Nash at (303) 866-6653 or toll free, 1-888-245-6092.

NET Program unfunded . . .

The Nutrition Education and Training (NET) program was not funded for the coming fiscal year. For what is rumored to be primarily unexplainable and indefensible political reasons, the program got zero dollars appropriated from Congress for FY 1999. In the 20-year history of the program, it has proven to be effective in providing the vehicle to promote nutrition activities and materials for the classroom, fund audio/visual libraries, carry out training for teachers and foodservice staff, target research projects and mini-grants, and other important activities. NET is the delivery mechanism for Team Nutrition, which *was* funded. There is now a missing link in the once solid nutrition education chain. USDA, states, and others will be working hard to seek future funding for this valuable program.

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Better news . . .

Check out the article covering Reauthorization Legislation elsewhere in this issue. The final product, signed by President Clinton on October 31, renews many of the Child Nutrition programs and provides for some very positive changes. Included in these changes is the authorization to pilot the universal school breakfast concept with accompanying "link to cognitive development" research (although funding still needs to be found.) There is also an exciting provision calling for a vast expansion of eligibility for after school programs to participate in a reimbursable snack program, including serving snacks free to all children in schools designated as "needy" areas (this has been funded). The after school snack provision is on the fast track, and depending on our claims system software conversion, could be in place as early as March 1999.

ANC in Denver . . .

For the first time since 1982, the American School Food Service Association will be holding its Annual National Conference at the Colorado Convention Center in downtown Denver, July 25-28, 1999. This is a tremendous opportunity for school foodservice professionals from across the country to meet with their peers, attend informative education sessions, and visit an exhibit area with more than 700 booths of food and equipment products. Mark your calendars!

Colorado Department of Education

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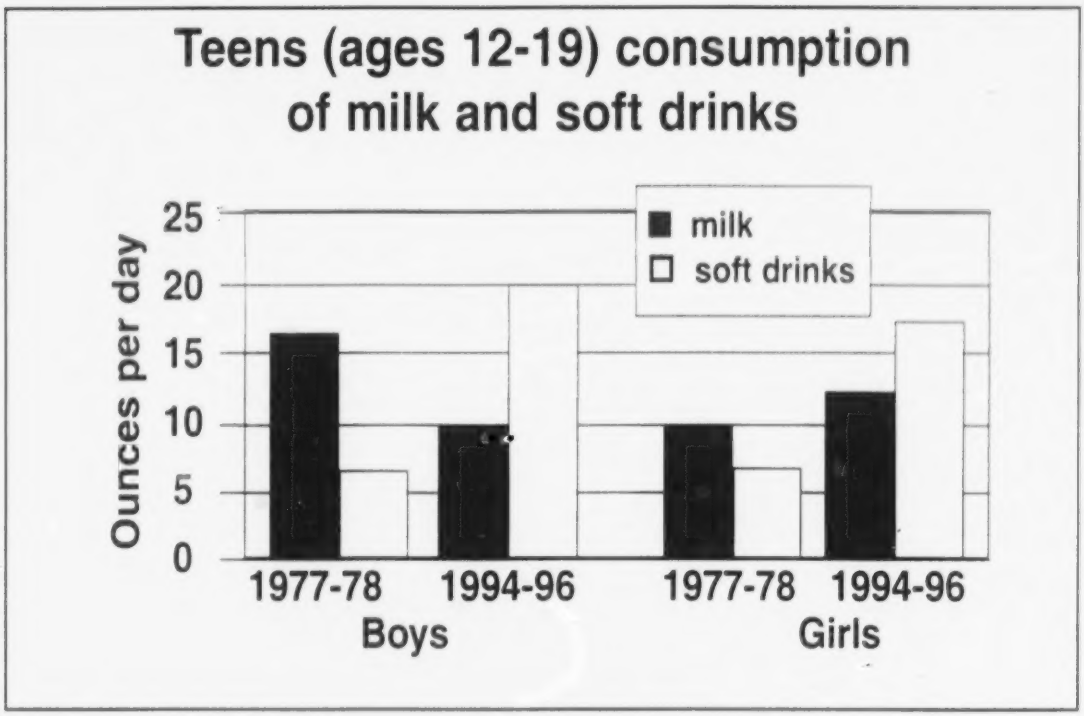

- The obesity rate in teenage boys has risen from 7% to 15% and in teenage girls from 4% to 13%. (Although the results are not conclusive, the results do indicate that heavy consumption of sugary soft drinks can contribute to weight gain in some individuals.)

- Soda pop provided 10.3% of calories consumed by overweight boys, but only 7.6% of calories consumed by other boys.

- Girls build 92% of their bone mass by age 18. Calcium is essential for the development of bone mass.

- Teenage girls are consuming only 60% of the recommended calcium intake. If girls do not consume enough calcium in their teenage years, they are more at risk for developing osteoporosis; they cannot "catch up" later.